



March 22, 2007

Vol. 17, Issue 11

## *In this issue...*

### **News**

[Lackland Orthodontic Residency program seeks patients](#)

[Air Force doctor provides medical support to Yemen children](#)

[Air Force Assistance Fund campaign under way](#)

[Women's History Month events scheduled through end of March](#)

[AFA Banquet honors seven med wing members](#)

[Developmental education application deadline set](#)

[Moneywise in the Military comes to Lackland](#)

### **Features**

[It's never too late to get 'fit to fight'](#)

[Air Force social workers highlighted during March](#)

[Pharmacological approaches to the treatment of obesity](#)

[Is Organic Worth the Price?](#)

[Mad Hatters give comfort to the sick](#)

[Personnel Records Readiness: Are you protecting your family?](#)

### **Action Line**

[Can Med Wing members park in special patient spots?](#)



### **Wilford Hall ready for inspection!**

Maj. Patrick Stilley, 759th Surgical Operations Squadron element chief (left), briefs Col. Kathleen Dunn-Cane (right) and Lt. Col. Allison Bowden (center), members of the Health Services Inspection team, in the adult intensive care unit hallway March 19. The Joint Commission and HSI teams arrived March 19 to survey and inspect Wilford Hall Medical Center. Check next week's *Vital Signs* for the results of their visits. *Photo by Staff Sgt. Ruth Stanley*

## Photo

[Wearin' O' the Green](#)

## Bulletin Board

[CLICK HERE](#)

[Main Public Affairs Web site](#)

[Lackland Talespinner](#)

[Commander's Action Line](#)

[Surgeon General's Newswire](#)

[Vital Signs' Archives](#)

[Air Force Print News](#)

[AETC News Service](#)

[Iraq News Link](#)

Contents of the **VITAL SIGNS** may not necessarily reflect the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. Editorial content of the **VITAL SIGNS** is edited, prepared and provided by the 59th Medical Wing Public Affairs Office, Lackland Air Force Base, Texas. Deadline for submission is close of business **FRIDAY**. All photos are Air Force photos unless specified otherwise. To contact Public Affairs, email [59MDW.PA@lackland.af.mil](mailto:59MDW.PA@lackland.af.mil).

### 59th Medical Wing Editorial Staff:

59th Medical Wing Commander: Brig. Gen. (Dr.) David G. Young III  
Director of Public Affairs: Sue Campbell  
Public Affairs IMA: Lt. Col. Kathleen Hale  
Deputy Director of Public Affairs/Chief of Community Relations: Linda Frost  
Chief of Media: 2nd Lt. David Herndon  
NCO in Charge of Public Affairs/Editor: Master Sgt. Kimberly Spencer  
Public Affairs Photojournalist: Master Sgt. Kimberly Yearyea-Siers  
Public Affairs Staff Photographer: Staff Sgt. Ruth Stanley

## Open wide!

### Lackland Orthodontic Residency program seeks patients

The Tri-Service Orthodontic Residency Program, or TORP, at Lackland Air Force Base, Texas, is searching for orthodontic patients. Evaluations for treatment are open to active duty personnel, family members of active duty under the age of 17, retirees and their family members



under the age of 17.

The TORP is seeking patients who live within a 60-mile

Orthodontics resident Capt. Janice Timothee, 59th Dental Training Squadron (left), and orthodontics assistant Stella Rodriguez glue metal brackets onto the teeth of Airman 1st Class Tiffany Owens, 59th Medical Operations Squadron mental health service technician, at Dunn Dental Clinic Feb. 26. *Photo by Staff Sgt. Ruth Stanley*

radius of San Antonio and will be stationary for a minimum of 24 months (average duration of treatment).

Active duty members will be required to have a consultation, referral form SF-513, from their dental treatment facility. They can have their dental treatment facility FAX the SF-513 to the TORP, or hand-carry it to the clinic, located in the Lackland Dunn Dental Clinic. All others must call and leave contact information for a return phone call to schedule an evaluation appointment.

All potential orthodontic patients will be required to present in a stable dental condition for evaluation. This means non-emergent, with no unfinished root canals or dental decay. A recent teeth cleaning is also recommended.

The TORP is screening for selected patients to fulfill requirements of the American Dental Association for accreditation and does not select patients on a "first-come, first-served" basis. If selected, participants will receive a call from the TORP for treatment to begin between July and October 2007. Call 292-2579.

[Return to Top](#)

## It's never too late to get 'fit to fight'

**Story and Photo by  
Senior Airman Candace  
Romano**  
332nd Air Expeditionary  
Wing Public Affairs

BALAD AIR BASE, Iraq -- Peek into the H-6 fitness center any time of the day or night, chances are someone is huffing, puffing and sweating their way to being 'fit to fight.'

Air Expeditionary Force 5-6 is well underway, but it's not too late to start working on those push ups, crunches and 1.5-mile run.



Certified spin class instructor Senior Airman Christopher Pickarz provides instructions for a class March 14 at the H-6 Fitness Center at Balad Air Base, Iraq. Airman Pickarz is an information manager with the 332nd Air Expeditionary Wing, deployed from Aviano Air Base, Italy.

"The current Air Force fitness program directs Airmen to work out three to five times a week and take a physical fitness test regularly," said 1st Lt. Kathryn Romano, unit fitness program manager for the 332nd Air Expeditionary Wing. "It's a good foundation for Airmen to maintain a healthy lifestyle."

Maintaining top physical fitness is not only what we train for as military members, but becomes even more important at a deployed location.

"In our profession, being fit is one of the most important tools we can obtain," said Senior Airman Christopher Pickarz, 332nd Air Expeditionary Wing information manager and certified spin class instructor. "For proof, ask the men and women performing their jobs outside the wire."

Finding time to hit the treadmills may be challenging for Balad personnel putting in 12-plus-hour workdays, but many have found a way to make it a priority.

"It's easier to make the right choice and go to the gym because I don't have the daily distractions I have back home, like hanging out with friends," said Senior Airman Gilbert Pries, who works out six days a week and is currently training to compete in the powerlifting competition in April.

Working out has its benefits for those participating in fitness center events - keeping more than 15,000 Air Force, Army and civilian personnel coming back for more every week, according to 2nd Lt. Tiffany Castleberry, 332nd Expeditionary Services Squadron deputy commander.

Going to the gym takes my mind off the stresses of work and helps me build self-confidence," said Airman Pries, who is currently deployed from Lackland Air Force Base, Texas, as a force protection member with the 332nd Expeditionary Security Forces Squadron.

Fitness training specifically for a healthy lifestyle has produced positive results for one Tuskegee Airman.

"Successful fitness training incorporates an elevated heart rate for cardiovascular strength and keeping it there for an extended period of time for endurance," said Lt. Col. Kevin Wilson, 332 AEW chief of wing plans, deployed from Scott AFB, Ill. "My workout schedule alternates between weight training and cardiovascular activities, seven days a week."

According to Airmen who scored "excellent" on their last physical fitness test, developing and sticking to a fitness routine is key, and there's no better time than 'right here, right now.'

"My advice to Airmen trying to get 'fit to fight' is to start now," said Lieutenant Romano, who is deployed from Mountain Home AFB, Idaho. "Keep a positive attitude ... it's going to be tough, and you may not always see immediate progress, but stick with it, set realistic goals and be patient. Being 'fit to fight' encompasses not only a change in your physical fitness, but could also mean an overall change toward a healthier lifestyle."

In addition, don't forget that waistline. Diet and healthy food choices are crucial to overall health.

"Being healthy and fit requires many small efforts that make up the bigger picture," said Airman Pickarz, deployed here from Aviano AB, Italy. "Eating healthy, exercising, drinking plenty of water and getting adequate sleep all work together to get you to your goal faster. Without any one piece of the puzzle, the rest is incomplete."

To gauge individual fitness progress, log in to the Air Force Portal and click "Air Force Fitness Management System."

[Return to Top](#)



# Air Force social workers highlighted during March

**By Master Sgt.  
Kimberly Spencer**  
59th Medical Wing  
Public Affairs

The National Association of Social Workers has named March as National Social Workers Recognition Month.

In celebration, the 59th Medical Wing would like to recognize the many contributions by social workers within the wing.

Social workers help people in all stages of life, from children to the elderly, and in all situations, from illness and treatment options, to support groups and community health centers, to bereavement programs.

The most important role of a healthcare social worker is to help the client and his or her family to understand the illness or situation, and to work through the emotions of a diagnosis or outcome and to provide counsel about the decisions that need to be made.

“Social workers at Wilford Hall clearly epitomize the motto ‘Social work, help starts here,’” said Maj. Barbara Severson-Olson, the 59th Medical Wing Social Work Department chair. “We have active duty, Reserve, contract and civil service social workers working at various clinics throughout the hospital. They provide outreach, prevention, case management assessment and clinical care.”

Additional social workers have been hired with Global War on Terrorism funds because of social work deployment taskings, explained Maj. Severson-Olson.

“The 59th MDW deploys at least one social worker during every Air Expeditionary Force cycle to Balad Air Base in Iraq. Social workers have also deployed to support taskings at other locations.”

“To me, being a social worker and helping active duty service members and their families is the least I can do to repay the service and comfort of freedom they provide for us. I, too, am a previous active duty member here at Lackland Air Force Base, and I understand the sacrifices that are made by these service members everyday. I see my job as saying, ‘Thank you for providing my freedom,’” said Ms. Adrienne Belyeu an active duty care manager, who acts as a liaison between command, patients and medical staff.

Social work is all about helping people become more independent, and to cope better with their particular



59th Medical Wing social workers Linda Font, Darla Sekimoto and Adrienne Belyeu (left to right) discuss a case at Wilford Hall Medical Center March 16. The National Association of Social Workers has named March as National Social Workers Recognition Month. Social workers are an integral part of the hospital's multidisciplinary teams, working hand in hand with doctors, nurses and other medical professionals to ensure quality care for their clients. *Photo by Staff Sgt. Ruth Stanley*

life situation with less stress, said Barbara Trim, a 59th MDW social work supervisor. Ms. Trim has been a social worker with the 59th MDW since 1991.

“I remember when I first started working at Wilford Hall Medical Center. I was the first social worker to work with the HIV hospitalized patients. I had a gentleman who was isolated from his family and was alone. I went into his hospital room one day to talk with him. I laid my hand on his arm while talking with him and he just started crying,” said Ms. Trim. “When I asked why he was crying he said ‘You have no idea how long it has been since someone just touched me.’ It was at that point I knew why I had chosen this field of study. Just to know a small touch, a smile or a kind word can make such a difference.”

Social workers are an integral part of the 59th MDW multidisciplinary team, working hand in hand with doctors, nurses and other medical professionals. This high level of care starts when a client enters the health setting and continues through recovery.

One of the most difficult tasks of a social worker can be in support of a patient who has lost a loved one.

For Linda Font, a 59th MDW medical management case worker, that task left her questioning herself when working in the emergency department.

“During one case I was providing psychological and emotional support to a young mother who was involved in a motor vehicle accident, which killed her four-year-old son,” said Ms. Font.

“The mother, her best friend and the little boy were on their way to pick up wedding things for a wedding that weekend. They were hit from behind and the four-year-old was killed. Everyone was brought to the WHMC emergency room, the mother, her best friend, the mother’s son and the person who hit them.”

“Due to the mother’s condition she could not be told about the loss of her son right away,” explained Ms. Font. “When the mother was stable on the ward, the physician and I told her, and the father of the loss. The mother wanted to say goodbye to her son.”

Ms. Font wrapped the child in a baby blanket and took him from the ER to the mother’s room.

“I remember walking into the room and seeing the mother, father and more than 40 family members, relatives and friends,” said Ms. Font. “Inside I was falling apart, but on the outside I remained professional. When the mother finished saying goodbye I took the child back to the ED and then went with him to the morgue. Afterwards I went off by myself and cried, asking myself if I could continue to do this. The next night I was assisting a woman whose husband died from a heart attack. She said to me, ‘I think you are an angel sent here to help us.’ That statement helped me answer my own question.”

According to the National Association of Social Workers, social workers are the nation's largest providers of mental health services, providing more mental health services than psychologists, psychiatrists and psychiatric nurses combined.

In thousands of ways social workers help people help themselves everyday. 59th MDW social workers provide a vital link between patients and the health-related services they need. These contributions are recognized by health professionals throughout the wing.

"Our social worker Ester Flores is vital to our mission of serving families dealing with the birth of a critically ill newborn," said Lt. Col. Jane Palmisano, the Neonatal Intensive Care Flight commander. "Ms. Flores is crucial to the family’s stability throughout hospitalization. She is the liaison between the medical and nursing staff, the family, and resources in the community."

“Part of what makes Ms. Flores truly one-of-a-kind is simply the way she treats each family she works with. She is an extremely empathetic, pleasant, caring, and knowledgeable professional, and approaches each parent like they were her own family member,” said Colonel Palmisano. “She has been the one constant resource that is available to families who may just need extra assurance or a listening ear. She is always available to families facing the death of an infant, day or night, and has remained in contact for months after to assess their grieving and any need for intervention. Numerous families have come back to visit Ester, sometimes just to show off their now-well infants, and other times to find resources in the community which she always has at her fingertips.”

Wherever and whenever help is needed, social workers are there. When asked what keeps them going, wing members stated it is a privilege and an honor to help the most vulnerable among us, whether civilian, military, returning war fighters, or their family members.

“Just knowing that, in fact, I do make a difference,” said Ms. Trim. “Knowing that I am able to help someone through a tough time, without looking for something in return, you see the relief, the appreciation, the lowered stress level in the patient’s and their family’s eyes when they find out that there is someone who will help guide them and provide support and be there for them.”

[Return to Top](#)

## Air Force doctor provides medical support to Yemen children

**By Sue Campbell**  
59th Medical Wing  
Public Affairs

Lt. Col. (Dr.) Kirk Milhoan, a pediatric cardiologist assigned to the 759th Medical Operations Squadron, participated in a medical exchange program between the The Combined Joint Task Force – Horn of Africa and the Yemen Ministry of Health from Feb. 20 to March 2.

The CJTF-HOA works to prevent conflict, promote regional stability and protect Coalition interests in east Africa and Yemen through humanitarian assistance, disaster relief, consequence management, civic action



Lt. Col. (Dr.) Kirk Milhoan performs a pediatric echocardiogram on a nine-month-old child in Sana'a Yemen at the Al-Thawra General Hospital's Cardiac Center on

programs to include medical and veterinary care, school and medical clinic construction and water development projects.

March 1 while the baby's parents look on. Dr. Milhoan, a pediatric cardiologist from Wilford Hall Medical Center, participated in a medical exchange program between the Combined Joint Task Force – Horn of Africa and the Yemen Ministry of Health. The child was diagnosed with a serious heart condition. *Photo by Ahmed Attieg*

“Currently the Yemeni children are dependent on visiting teams for their complete cardiac care,” said Dr. Milhoan. “The waiting list for cardiac intervention, whether by cardiac catheterization or cardiac surgery, has been capped at 500 children. Many more are waiting and are at risk of becoming inoperable.”

During his 10-day stay in Sana’a Yemen, Dr. Milhoan evaluated more than 100 children with congenital and acquired heart disease in cooperation with the physicians of Al Thawra General Hospital. More than 90 percent of the children were in need of surgical intervention. His evaluations were used to select patients that would receive intervention either by cardiac catheterization or cardiac surgery by visiting international medical teams.

Dr. Milhoan also provided two grand rounds presentations and five lectures to cardio-thoracic surgeons, anesthesiologists, cardiologists, pediatric cardiologists, echocardiographer, pediatricians, general practitioners, pediatric residents, medical students and nurses. Additionally, he met with members of the Ministry of Health and the General Director of the Al Thawra Hospital to discuss how to effectively start a pediatric heart surgery program in Yemen.

“The Yemen Ministry of Health asked me to return with a cardiovascular surgical team specifically to train the Yemeni cardiac team in pediatric heart surgery, pediatric cardiac anesthesia, pediatric cardiac intensive care and pediatric cardiac nursing,” said Dr. Milhoan. “These cardiac skill-set disciplines were determined to be the medical services most in need of improvement and would yield the greatest benefit from continued collaboration.”

Dr. Milhoan is currently deployed to the Air Force Theater Hospital at Balad Air Base, Iraq.

[Return to Top](#)



# Mad Hatters give comfort to the sick

**By Staff Sgt. Vincent Borden**

37th Training Wing  
Public Affairs

Two women are talking to one other causally, one is the inquisitor, asking questions about fit and feel and adequacy; the other sits with her legs up, an IV attached to her body, wearing a pink hat with matching rubber flip flops hanging off the edge of her chair.

The room they're in is tiny and a bit warm from all the other people standing around, but neither seems to notice much.

For Julie Barnett, a military wife and seamstress, she's been waiting for the day she would finally get to meet a recipient of the fruit of her efforts, and now the questions roll out of her unabated and with genuine concern.

For Debra Beidleman, there have been worse things than being asked questions while attached to an IV in a warm, slightly crowded room. Much worse.

On a hot day in June nearly three years ago, she was told by a physician she was going to die.



(Above) Julie Barnett, Mad Hatters program director, preps fabric for hat construction. The Mad Hatters convene every second Tuesday of the Freedom Chapel, from 9:30 a.m. to 1:30 p.m. (Below) Members of the Mad Hatters program created various crocheted hats and pillows for recovering patients at Wilford Hall Medical Center. *Courtesy photos*



She received the news shortly after seeing a doctor for minor pain she was experiencing in her clavicle. What originally started as a quaint search for relief in her upper extremities ended with a despairingly low

life expectancy estimate. She had 12 months to live. Doctors at Brooke Army Medical Center had discovered cancer plaguing her lungs.

Mrs. Beidelman, after hearing their estimation with understandable amazement, was determined not to let the malignancy plague her resolve. She wanted to live. Living meant treatment and healing.

The treatment, which was going on even this day, had been riddled with numerous medications, hospital visits and chemotherapy.

Healing meant recovery sickness, fatigue and the loss of every hair on her head. Mrs. Beidleman remembers that event vividly.

“I was on the phone one night talking to my best friend, and my hair just started falling out,” she said. “I had my hand in my hair, and it just started coming out in clumps. And I cried. I ran outside and I kept pulling and crying.

“A lot of people, when they lose their hair, they don’t know what to do,” Mrs. Beidleman added. “No one knows what to do you when lose your hair.”

Fortunately, the love of strangers helped her through the difficulty of that occasion, which is described by some as an identity crisis of sorts. Mrs. Barnett was one of those strangers. Her love came in the form of the little pink hat Mrs. Beidleman is wearing today.

Stories like these are the target of the efforts of the Mad Hatters, a volunteer organization on Lackland directed by Mrs. Barnett, a member of the American Sewing Guild. The program, originally started by Margaret Jennings in 1999, was originally designed to make hats for recovering cancer patients dealing with hair loss from therapy.

Now in its eighth year at Lackland, it’s grown to accommodate other physical ailments, such as pillow construction for recovering mastectomy patients. The pillows are designed to help alleviate any pain caused from pressure at the site of surgery during the healing process, which can last from three to seven days.

The organization has also grown to partially accommodate emotional ailments as well; garments constructed by the Hatters have, on more than one occasion, clothed the lifeless bodies of premature babies being laid to rest. The grieving parents are always thankful.

Although enormous in its goals and scope, the success of the program is reliant solely on the generosity and assistance of volunteers. Of those, Mrs. Barnett has only a few.

She has a few sewers, who bring their own needles and sewing machines to handle the construction of the pieces, and she has a few people who bring her hats and clothing they’ve constructed at home. But she could use more assistance.

She attributes the lack of volunteers to a possible misunderstanding: skilled sewers are not the only people who can help with out the program.

“Even if they only have a few minutes, volunteers can stop by and cut or press fabric, and get it ready for the sewers,” Mrs. Barnett said. “Anyone can help.” Her vision is to make the process work like a sort of assembly line, with cutters and pressers taking care of the fabric and delivering it to the sewers, who

would construct the final piece.

Fabric donations are also necessary, and welcome.

“We’re looking for any fabric that’s soft to the head to make the hats out of,” said Mrs. Barnett. “We use everything else to make the pillows, or some of the heavier cloth can be used for winter items.

“The actual fabric can be dropped off at the (Wilford Hall) volunteer office, or (donators) can give me a call,” Mrs. Barnett added.

Volunteers meet every second Tuesday of the month, from 9:30 a.m. to 1:30 p.m., in the Freedom Chapel. Mrs. Barnett provides a few refreshments, and tries to be a good host, but mostly she just cuts and sews, sometimes with a couple of Hatters, but many times alone.

She sees her work as a good thing, which helps during those moments of solitude. It is here, amid the fluorescent lighting of the room in the chapel and the long wooden tables strewn about with fabric and scissors and needles and paper templates and thread, that she and a few volunteers construct comfort for the sick and ailing.

Comfort for people like Mrs. Beidleman, whose fight has brought her beyond the time originally given to her, and whose hopes lay in a full recovery, no matter how long that may take.

Seeing her today has given Mrs. Barnett comfort. She now knows the love she sends has recipients, and their stories are filled with mustered strength and hope for the future.

And it makes her hope that, hat by hat and stitch by stitch, the efforts of the Hatters will help aid other patients in their quest for recovery.

For more information or to volunteer for the Mad Hatters program, contact Mrs. Barnett at 677-0661, or email at [jdbarnett@satx.rr.com](mailto:jdbarnett@satx.rr.com).

[Return to Top](#)

## **Air Force Assistance Fund campaign under way**

**By Capt. Kathryn Shaw**

859th Diagnostics and Therapeutics Squadron

The 2007 Air Force Assistance Fund Campaign, "A Commitment to Caring," runs now through May 2. The AFAF is comprised of four charity groups that are totally dedicated to helping AF members and their families. By contributing to the AFAF, we are truly Taking Care of Our Own.

Last year alone, people in need at Lackland Air Force Base received more than \$600,000 in assistance. That amount is three times Lackland AFB's contribution to the campaign in 2006, an amazing 300 percent return on investment. In fact, every three minutes an Airman receives assistance from the AFAF.

The 59th Medical Wing's 2007 fair share goal is \$60,986. While that is a big number, with your help, we

could blow that goal out of the water. They don't ask for much, the suggested annual contribution from an E-1 is just over \$1 a month (\$15 for the year). For an O-1, the suggested contribution is \$2.50 a month (\$30 for the year). We ask that you take a moment to consider how your AFAF contribution could be used to provide care, support and financial assistance to our Airmen and their families in need.

Below are two first-hand accounts from recipients of aid from the AFAF:

"When I was an Airman at my first duty assignment, my son (not quite a year old) stopped playing and dropped unconscious to the floor with a very high fever. My wife called me frantically at my duty station and I arrived there before the ambulance. To make a long story short, he was diagnosed with bacterial meningitis and was airlifted to a medical center 50 miles away where he lay comatose for 10 days (he eventually fully recovered). One of the chaplains, who was there supporting us in our ordeal, contacted my first sergeant and the Air Force Aid Society. They paid all of the medical expenses that weren't covered by Champus, well over \$1,000 that we just didn't have, allowing us to focus our attention on our son's recovery and rehabilitation instead of worrying about the bills. Thank you."

A Staff Sergeant wrote, "I'm an Air Force recruiter now, but back when I was in the 'real' Air Force, I was stationed in Okinawa, Japan. In July of 1997, about four months after my wife and I were stationed there after coming from Mountain Home AFB, Idaho, my father passed away. At that time, I was just an Airman 1st Class, my wife did not have a job, and we were extremely strapped for cash, and a round-trip ticket from Okinawa to Pittsburgh was \$1,500 a piece. My first sergeant got in touch with the Air Force Aid Society and, within 48 hours (only 48 hours because of a typhoon), my wife and I were on a plane to Pittsburgh. I would never have been able to go on my own because of money, let alone my wife going with me, which AFAS paid for. I have never been able to thank anyone, and I have appreciated this great organization my entire career."

The four charities and the populations they serve are:

1. Air Force Aid Society: active duty AF members and their families.
2. The General and Mrs. Curtis E. LeMay Foundation: spouses of retired AF members of all ranks.
3. Air Force Enlisted Village Indigent Widows' Fund: dire-need and indigent widows of enlisted members.
4. Air Force Village Indigent Widows' Fund: indigent widows of retired officers.

Contributions to the AFAF are tax deductible and can be made by cash, check or by payroll allotment. The first payroll deduction, if you choose that option, will be in June. For more information, access the AFAF Web site at <http://afassistancefund.org>.

The 59th MDW primary and alternate wing representatives are Capt. Kathryn Shaw, 2-8113, and Senior Master Sgt. David Ashley, 2-0245. The individuals listed below are the group and squadron representatives throughout the 59th MDW.

**Wing Staff** – Tech. Sgt. Paul Kittle, Tech. Sgt. Richard Fish

**59th MSGG** – Master Sgt. David Harris, Tech. Sgt. Randolph Livingston

59th MSGS – Capt. Kristine Riley, Master Sgt. Connie Daniels

759th MSGS – Lt. Morgan Robert, Capt. Kristopher Killius

859th MSGS – Tech. Sgt. Beatris Douglass, Staff Sgt. Adam Knapp, Airman 1st Class Joshua Crook

959th MSGS – Staff Sgt. Julie Lovato, Master Sgt. David Harris

**59th MDOG** – Capt. Irene Jackson, Staff Sgt. Anna Gallegos

59th MDOS – Master Sgt. Brian Fairchild

759th MDOS – Staff Sgt. Sarah Moore, Staff Sgt. Joseph Ampong

859th MDOS – Capt. Aimee Alvair, Capt. Alisa Paige

**59th MDTG** – Master Sgt. Brian Briggs, Tech. Sgt Stacey Jenkins  
59th MDTS – Tech. Sgt Amanda Rodriguez, Staff Sgt. Latasha Jones  
759th MDTS – Capt. Craig Sutton, Tech. Sgt Brian McClain  
859th MDTS – Master Sgt. Elizabeth Morales, Tech. Sgt Michelle Dragoo  
959th MDTS – Senior Airman Kevin Burford, Senior Airman Mary Ashmore  
59 LS - Staff Sgt. Jennifer Abudayeh, Staff Sgt. Marcin O'Brien  
MMKP – Tech. Sgt. Stacy Jenkins, Senior Airman Renzon Ferreya

**59th MDSG** – Master Sgt. Clyde Gilbreath, Col. Christopher Lisanti, Chief Master Sgt. Scott Graham, Senior Airman Francis Osorio  
59th TRS – Tech. Sgt Johnny Salvidar, Master Sgt. Clyde Gilbreath  
59th CRES – Senior Airman Fransis Osorio

**59th DTG** – Master Sgt. John Stone, Senior Airman Markia Gilbert

[Return to Top](#)

## Pharmacological approaches to the treatment of obesity

**By Maj. Derek Larbie**  
Inpatient Pharmacy Service

According to the World Health Organization, there are currently more than 300 million obese adults worldwide. In the United States alone, the prevalence of obesity among adults has doubled over the past 20 years, and is now at 31 percent.

Obesity is a chronic disease that affects many people and often requires long-term pharmacological treatment to generate and sustain weight loss. At the moment, none of the current medications provide a cure, because when treatment is stopped; patients regain body weight because the disease is still present.

Obesity is a heterogeneous disease in which genetic, environmental, psychological and other factors come into play. It occurs when energy intake exceeds energy expended over time.

In a minority of cases, however, obesity can be caused by illnesses such as hypothyroidism, Cushing's syndrome, hypogonadism and certain prescription drugs such as: phenothiazines (prochlorperazine, haloperidol), antidepressants (amitriptyline, imipramine, trazadone), antiepileptics (valproate, carbamazepine), antihypertensives (terazosin) and steroids.

Currently, the main treatment strategy for obesity includes behavioral therapy aimed at modifying eating-related activities, exercise to increase caloric expenditure, and diets to lower calorie and fat intake. Pharmacological treatments are generally considered as an add on for a temporary fix.

Using medication to treat obesity has had its fair share of catastrophes dating as far back as the latter part of the 19th century. In 1997, 24 women developed unusual forms of valvular heart disease and pulmonary hypertension while taking both fenfluramine and phentermine, but not phentermine alone. This led the Food and Drug Administration (FDA) to request manufacturers of fenfluramine [Pondimin] and dexfenfluramine [Redux] to pull their weight loss products from the market (see more on this below).



Prescription weight-loss medications are reserved for patients who have an increased medical risk because of their weight, and should not be used for cosmetic reasons. Generally, these medications are approved only for those with a body mass index of 30 and above, or 27 and above with obesity-related comorbidities, such as hypertension, dyslipidemia, or Type II diabetes.

Presently, only two medications (sibutramine [Meridia] and orlistat [Xenical, Alli]) have been approved by the FDA for long-term use in weight loss and maintenance. Several older medications such as phentermine [Adipex-P, Fastin, Ionamin, Obytrim], phendimetrazine [Bontril, Plegine, Adipost], and diethylpropion [Tenuate] are approved for short-term use; i.e., 12 weeks during a 12-month period. These medications, with the exception of orlistat, are known as anorexiant or “appetite suppressants.” They promote weight loss by decreasing appetite or increasing the feeling of being full. They accomplish this result by increasing the blood levels of serotonin and catecholamines—two brain chemicals that affect mood and appetite.

Below are some common medications used to aid weight loss. Prescription medications for weight loss treatment and management have benefits and detriments. Always consult with your doctor and or pharmacist before taking the pharmacological approach.

### **Phentermine**

Approved in 1959

Weight Loss: 5 - 10 percent

Side Effects: Sleeplessness, nervousness, and euphoria. Not advised for patients with heart disease, uncontrolled hypertension, an overactive thyroid gland and a history of, or potential for, cerebral vascular disease.

### **Orlistat**

Approved in 1997

Weight Loss: 5-10 percent

Side Effects: Cramping, diarrhea, flatulence, intestinal discomfort and leakage of oily stool; interferes with the absorption of fat-soluble vitamins A, D, E, and K. Patients should take a multivitamin two hours before an Orlistat dose. Note: An over-the-counter version of Orlistat [Alli] at half the dosage strength (60mg) of the prescription version [Xenical] (120mg) will be available in U. S. pharmacies in the summer of 2007.

### **Sibutramine**

Approved in 1997

Weight Loss: 5 percent

Side Effects: Similar to phentermine –not advised for patients with heart disease, etc., headaches, dry mouth, and constipation

Prescription medications for weight loss treatment and management has its benefits and detriments. Always consult with your doctor and or pharmacist before taking the pharmacological approach.

[Return to Top](#)

# Is Organic Worth the Price?

**Commentary by 2nd Lt. Sarah Overby**  
959th Diagnostics and Therapeutics Squadron

We're reminded everyday that we need to eat more fruits and vegetables to live long and healthy lives, however walk into any supermarket and you're bombarded with hundreds of varieties of produce and a great deal of questions.

Should you pay 50 percent more for the organic product or save a buck and go for the conventional (non-organic) version? Is it just as healthy to eat five servings of conventional fruits and vegetables or does it have to be organic to keep you healthy? After all, what does the organic title signify?

Organic produce are fruits and vegetables that have been grown without the use of conventional pesticides and artificial fertilizers. The only pesticide residues that still might exist are those persistent in groundwater and rain.

Why do we care about pesticides? Have pesticides ever hurt anyone who consumed conventionally-grown produce?

"Pesticides are demonstrably harmful to farmworkers and to 'nontarget' wildlife, and they accumulate in the soils for ages," said Marion Nestle, New York University professor of food science, stated in her book *What to Eat*.

Although there have been no large studies to show that pesticides consumed in the diet are harmful to you, that does not mean that it will not be addressed in the future. Research demonstrates that the amount of pesticide use is increasing. One study sponsored by the Environmental Protection Agency shows that the frequency of detection of a particular pesticide used on carrots tripled from 2001 to 2002. This pesticide was quadrupled in percent frequency of detection on wheat from 2002 to 2003. This leads many to believe that produce and other plants, for that matter, could now pose risks that have simply not been studied in the long-term.

The EPA study focused on 23 elementary age children and demonstrated the amount of pesticides evident in a conventional diet. Even before the children began the study, their urinalysis showed significant amounts of pesticide. This trend continued until they were placed on an all organic diet. Within 24 hours of switching, pesticide urine levels decreased to an almost undetectable amount and remained as such until they resumed conventional diets.

Ok, ok, so organic produce can be very expensive, sometimes 75-100 percent more than the conventional product, but it might be worth it. However, some as the question is it worth it to purchase organic everything in the produce section?

Consumer Reports magazine discusses a list they call "the dirty dozen." It is a list of fruits and vegetables that have been shown by the United States Department of Agriculture's testing lab to carry much higher levels of pesticide residues (even after washing) that others do not. The magazine recommends that you buy these items organic as often as possible:

Apples  
Bell Peppers  
Celery

Cherries  
Imported Grapes  
Nectarines  
Peaches  
Pears  
Potatoes  
Red Raspberries  
Spinach  
Strawberries

These items might not look as appealing as their conventional counterparts, but in purchasing them, you are reducing your exposure to pesticides. Other options include local farmer's markets and farms that may offer organic produce, without carrying the higher price tag.

So what if the organic label just does not fit into your budget? It is still better to be consuming the recommended five fruits and vegetables per day than avoiding conventionally-grown produce altogether. All fruits and vegetables provide fiber, antioxidants, and are packed with vitamins and minerals essential for healthy living. Produce in any shape or form remains a vital component of any diet.

Research has not quantified any significant effects caused by pesticide consumption, and it is only a possibility that it might be worth our money to pay a higher price for organic produce. The key is to keep an open mind and stay up on the research.

[Return to Top](#)

## Women's History Month events scheduled through end of March

Lackland's Women's History Month Committee has planned several activities throughout the month of March incorporating the mind, body and soul.

The Team Lackland celebration is a local extension of the National Women's History Project and has adopted this year's theme "Generations of Women Moving History Forward." This theme recognizes the wisdom and tenacity of the generations of women who have come before us and those who will follow.

The Women's History Committee invites the entire Team Lackland community to take advantage of the remaining activities in support of Women's History Month.

Remaining Women's History Month events:

### **March 28**

#### **Federal Women's Awards Breakfast**

Kelly Club

7:30-9 a.m.

Point of contact is Master Sgt. Carolyn Bond, 3-3064

### **March 30**

### **Women's History Month Parade**

Lackland Parade Grounds

9 a.m.

POC is Master Sgt. Lisa Moberly, 3-3696

### **March 31**

#### **Battered Women's Shelter Donations**

Drop off donations from now to March 28

POCs are Pat Proctor, 3-2829

Staff Sgt. Kelly Barrows, 2-4617

[Return to Top](#)

## **AFA Banquet honors seven med wing members**

The Alamo Chapter of the Air Force Association will honor more than 90 outstanding Air Force civilian and military members from 14 major organizations in the San Antonio area through the Joe Kellogg Blue Suit and the Charlotte and Carlton Loos Awards.

The following individuals have been named this year's 59th Medical Wing representatives:

### **Blue Suit Award**

Company Grade Officer – Capt. Tonya Y. White

Senior NCO – Senior Master Sgt. Mark A. Viera

NCO – Tech. Sgt. Patricia A. Yelverton

Airman – Senior Airman Linn Aubrey

### **Loos Awards (Civilians)**

Category I – Ms. Karen DeGroat

Category II – Ms. Judy Zabek

Category III – Mr. Rex Hensley

All personnel are invited to attend the Loos Kellogg Military and Civilian Awards Banquet on March 28 at Mitchell Hall. The banquet begins at 6:30 p.m. with a pay as you go bar, and dinner will be served at 7:15 p.m. Dress for the occasion is service dress for military personnel and business suit or "after 5" attire for civilians. Cost for this year's event is \$25 for E-5/GS-9 and below; \$30 for all others.

For more information or to purchase a ticket, email Veronica Lopez at [veronica.lopez@lackland.af.mil](mailto:veronica.lopez@lackland.af.mil).

[Return to Top](#)

## **Developmental education application deadline set**

Officers and civilians considering intermediate or senior developmental education in 2008 have until

April 13 and May 1, respectively, to submit their applications for selection board consideration.

Officers apply using a Web-based application, while civilians submit their applications through their civilian personnel flights by the internal suspense date established by their CPFs.

Line officers as well as chaplains and medical service officers may apply for up to five IDE/SDE programs using the pull-down menus on the Web-based Air Force Form 3849, Officer Preference Worksheet, available for eligible officers and senior raters via the Air Force Personnel Center secure Web site.

Officers must be nominated by their senior rater to compete at the functional developmental team and developmental education designation board levels. The senior rater accountability date is Feb. 1, 2007. Nominees also must ensure their transitional officer development plan is current.

The civilian developmental education program includes both IDE and SDE opportunities for employees in Pay Band 2 (except YB-2) and above and grades GS-12 through 15.

Civilians are nominated by their local leadership with endorsement from their chain of command. After receipt by AFPC/DPIF, their applications are forwarded to their functional developmental teams to rank the nominees, validate the programs they should attend and identify follow-on assignments.

Both military and civilian designees from the DEDB will be announced in October or November, 2007.  
[Return to Top](#)

## **Moneywise in the Military comes to Lackland**

A Moneywise in the Military Financial Readiness Day will be held at Lackland Air Force base, Texas, from 9 a.m. to 2 p.m. March 30 at Arnold Hall. Military members, retirees, and DoD civilians are all welcome to come interact with financial management experts from throughout the United States.

This initiative is the result of a Department of Defense Financial Readiness Campaign in partnership with the Moneywise financial literacy team and local public broadcast station.

The San Antonio-area program will feature Kelvin Boston, host of the award-winning PBS series Moneywise, author of the book Who's Afraid to be a Millionaire, and a nationally known financial management speaker. Mr. Boston will be the keynote speaker for the morning's activities while the remainder of the all-day event focuses on providing pertinent information that helps military families increase savings, reduce reliance on unsecured debt, build awareness of predatory lending practices, and maximize their investment potential.

The events' primary audiences are E-1 through E-6 and junior officers, their families, DoD civilians, and retirees, but attendees of all grades will benefit from attending. Special emphasis is placed on having military spouses there because they are often the family's money manager.

The Department of Defense has targeted financial readiness as a core requirement for national defense, and the Moneywise in the Military Financial Readiness Day event is just one of a number of initiatives that DoD has coordinated.



Erica Zeiger, community readiness consultant at the Airman and Family Readiness Flight at McGuire AFB, N.J. summarized the Moneywise event held there as “professional, informative, and focused on the unique aspects of financial management associated with life in the military. The exhibits offered tons of information designed to enhance the financial readiness posture of everyone who attends.”

Breakfast and a light lunch will be provided to attendees. The point of contact for this event is Tony Davis at the Airman and Family Readiness Flight at 3-3722.

(Information provided by Lackland Airman and Family Readiness Flight)

[Return to Top](#)

## Personnel Records Readiness: Are you protecting your family?

Safeguarding important papers is something we all have been taught to do. Some of us lock them in a box underneath the bed; others store them in a safety deposit box, or tuck them away in a ‘secret’ coffee can. Whatever the method, we know these papers must be kept safe.

But what is the point in securing these papers if they don’t protect your family?

When is the last time you checked to ensure your Servicemembers’ Group Life Insurance and virtual record of emergency data were accurate? Do they reflect the major changes that have occurred in your life?

"Airmen must take the time to ensure their SGLI and record of emergency data are always updated to reflect their current circumstances,” said Tom Perry, chief of the Air Force casualty matters division at the Air Force Personnel Center here. "The designations and information Airmen provide via these documents are binding and the Air Force will carry them out as the member’s wishes."

SGLI is paid to the designated beneficiary listed on the election form regardless of that person’s current relationship to the insured servicemember. Have you remarried, recently divorced or setup a trust? All these events could require an update to your SGLI beneficiary.

Likewise, these same events could drive the need for an update to your virtual Record of Emergency Data. vRED data is used to notify designated next-of-kin family members in the case of any emergency. This information ensures the Air Force will be able to notify your loved ones of your status in a timely manner.

The record of emergency data also allows you to instruct the Air Force on other matters should the unthinkable happen. You can select who will receive your unpaid pay and allowances, your death gratuity, and who will determine the disposition of your remains.

"Keeping your SGLI and vRED up-to-date is one of your most important responsibilities as an Airman,” said Maj. Gen. Tony Przybyslawski, AFPC commander. "It helps your Air Force family to take care of your family in an emergency."

For information and instructions on updating your SGLI and vRED visit the Air Force Personnel Center

Web site or call the Air Force Contact Center at (800) 616-3775, select option 1, 1, 2.  
[Return to Top](#)

## *Wearin' O' the Green*

Brig. Gen. (Dr.) David Young, 59th Medical Wing commander, and his wife, Martha, drive Miss Bexar County in their Cadillac during the St. Patrick's Day parade in downtown San Antonio on March 17. Alex Peais was crowned Miss Bexar County 2007 at the Lackland Air Force Base Gateway Club on Jan. 17. *Photo by Alan Boedeker*

[Return to Top](#)



## **Commander's Action Line**

I want to keep lines of communication open within our wing and for our patients and other partners. Please call the Action Line at 2-4567 with your suggestions, comments or questions about the way we do business, or send an email to [59MDW.PA@lackland.af.mil](mailto:59MDW.PA@lackland.af.mil). Of course, you should always try to resolve problems first at the lowest level possible. If you leave your name, telephone number and a detailed message, you will receive a personal response to questions or complaints. A good source of information about various Air Force issues is "Military One Source," an information service provided in partnership



*Brig. Gen. (Dr.) David Young*

with the Airman and Family Readiness Flight. Call *59th Medical Wing commander*  
toll free 1-800-707-5784 24 hours a day, or access  
their Web site at [www.militaryonesource.com](http://www.militaryonesource.com).

## **Can Med Wing members park in special patient spots?**

### **Comment:**

I am a nurse at Wilford Hall Medical Center. Our obstetrics providers would not issue me a parking permit for the third trimester spots for my appointments. I had to walk from the further rows of the hospital parking lot for my appointments for three months, often while I was suffering serious problems with my legs. The providers said they could not grant hospital staff third trimester parking permits because "it was hospital policy." I would like to suggest that hospital workers be able to obtain a parking permit from their providers for third trimester parking for appointment days.

### **Response:**

Thank you for writing. Unfortunately, parking at Wilford Hall is sometimes difficult for delicate patients. Special third trimester and oncology parking spots have been designated to allow patients easy parking access for their appointments and then leave. This allows for multiple patients to use the spaces throughout the day. In the past, some hospital staff members who were issued parking permits abused the parking spots. For example, they would park in the spot when they arrived for their shift at 7 a.m. even though their OB appointment was scheduled for 9:30 a.m. Or, they parked in the spot all day every day, throughout their entire third trimester. We will adjust the wing policy to issue permits to pregnant staff members, but Security Forces will monitor the spots and if a vehicle with a Wilford Hall sticker parks in a spot too long, the individual's commander will be notified for disciplinary action.

[Return to Top](#)

## **Bulletin Board**

### **Operation Render Comfort Camp offered March 31**

The Southwest Mental Health Center will host children of the military and their families who have encountered the loss of a loved one during a time of war at Operation Render Comfort Camp on March 31. The camp will bring organizations from across the state to join forces to support military children and families facing grief and loss. Losses will include siblings, grandparents and parents from previous conflicts as well as the war on terror. The camp will be held at the SMHC at 8535 Tom Slick Dr. in San Antonio from 9 a.m. to 5 p.m. and is free for all participants. Contact Kathy Cunningham at 582-6432 to register for the camp or for more information. Registration will close on March 28.

### **Nutrition Month Lunch and Learn March 28**

A Nutrition Month Lunch and Learn seminar will be held from 11 a.m. to 1 p.m. March 28 in the Wilford Hall Medical Center auditorium. Grab some lunch and enjoy some short nutritional education briefs on such topics as recipe modification, dining out, eating on the run, and food label reading. The class is a casual atmosphere, participants are welcome to come and go as they please. Look for more details in the dining hall. For questions, contact 2nd Lt. Scott Black at 2-6308.

### **Chief's Group selling Mother's Day flowers from Hawaii**

The Lackland Air Force Base Chief's Group is sponsoring a fundraiser to honor all mothers. Order a bouquet of Hawaiian flowers or a Hawaiian Lei by April 30 by emailing Chief Master Sgt. Rodney

Bright.

### **Team members needed for March 31 race**

The "Wilford Hall Racers" Race for the Cure team will participate in the 10th annual San Antonio Race for the Cure March 31 at the Alamo Dome. To join go to [www.sakomen.org](http://www.sakomen.org) and select "Join a Team," then type in the team name, "Wilford Hall Racers" and continue to register. Participants will get a free t-shirt for registering. Family members are welcome to register and participate as well. Those unable to register online can mail in a registration form. If you, or a family member, are survivors select "Survivor" when registering for a free pink t-shirt and other goodies. For questions, contact Staff Sgt. Amanda Wakefield via email at: [amanda.wakefield@lackland.af.mil](mailto:amanda.wakefield@lackland.af.mil) or at 2-7763.

### **Wilford Hall Spurs Night April 5**

59th Medical Wing members are invited to attend the Wilford Hall Spurs starting at 8:30 p.m. April 5 when the Spurs versus Phoenix game will be played. Special discount tickets can be purchased for \$42 or \$28 (cash or check made out to "NMD social club") which includes a food coupon for a hotdog, chips and soda. The event also includes a special game ball presentation. Call Senior Master Sgt. Debra Capps at 2-7591, Master Sgt. Shane Warye at 2-5005, or Tech. Sgt. Luis Guajardo at 2-2657 for more information or to buy a ticket.

### **WHOA Fundraiser May 5**

The Wilford Hall Officer's Auxiliary is hosting its 9th Annual Bluebonnet Ball Silent Auction Dinner and Dance at the Dominion Country Club May 5. All proceeds will go to the 59th Medical Wing Pediatric and Radiology Oncology units. Tickets are \$35. Contact Jen Mortensen at 481-4379 for tickets. To donate to this event, contact Kaori Anderson at 463-9481.

### **Prom dresses needed by March 28**

The Child Protective Services Agency of San Antonio is organizing their first Prom Dress Collection for teens under their care. They are looking for new or gently used formal attire/prom dresses to donate to the young ladies who would otherwise miss their prom. A range of all dress sizes from small to large and accessories (shoes, purses, etc) are needed. Items can be dropped off at the Rainbow Room at 3635 S. E. Military Drive by March 29, or to Master Sgt. Kimberly Spencer Wilford Hall Medical Center by the morning of March 28. Sergeant Spencer can be reached at 2-7669. Participants can also collect from friends, family or local organizations and call for pickup by the CPS at 337-3425 or 337-3304. CPS is also looking for anyone who has alteration experience or knows of someone who could help. Contact Kathy Hill at 337-3425 for more information or to volunteer.

### **Team Lackland Vacation Expo 2007 Friday**

The Team Lackland 2007 Vacation Expo will be held from 10 a.m. to 1 p.m. at the Arnold Hall Community Center, Bldg. 5506, Friday. Travel representatives from airlines, hotels, cruise lines, and theme parks will be present. There will be door prizes and free food. All Team Lackland members are welcome to come out and get a look at a possible dream vacation. For more information call 3-3059.

### **37th Training Wing NAF sale Saturday**

The 37th Services Division will hold a Nonappropriated Funds property sale from 9 a.m. to 2 p.m. Saturday at the Bennett Fitness Center, Bldg. 1788. Participants may preview items from 10 a.m. to 2 p.m. Friday. Items for sale include furniture, office equipment, restaurant equipment, campers, trailers, televisions and more. All items are sold "as is" no returns. All sales are final, cash and carry. All items must be removed at time of purchase. Sealed bid items are payable by cash or cashier's check. For more information call 3-2652.

### **AF Chess Tournament Saturday**

The Skylark Community Center is recruiting chess players for the 2007 Air Force Chess Program. A tournament will be held beginning at 9 a.m. Saturday at the Skylark Community Center, Bldg. 6576. Pre-registration is required. Call the Skylark at 3-3191, or stop by to sign up. Categories are: Youth 6-18 years of age; active duty Air Force members and Department of Defense civilians, contractors, spouses, other eligible family members, and retirees. Active duty and other participants must be United States Chess Federation members if they plan on competing in a rated Air Force tournament. Other participants in the non-rated tournaments are not required to be USCF members. The winning certified active duty Air Force member from Lackland will have the opportunity to represent the Air Force at the 2007 Inter-Service Tournament.

### **Interviewing Techniques class Tuesday**

An Interview Techniques class will be held from 11 a.m. to 1 p.m. Tuesday in Bldg. 1249. Learn what questions to expect; how to dress; grooming tips for men and women, and how to negotiate a salary during the interview. The instructor and point of contact is Tim Walker. To enroll in the class go to: <https://www.amc-ids.org/php/>.

### **San Antonio Military Community Job Fair Wednesday**

There will be a San Antonio Military Community Job Fair from 9:30 a.m. to 3 p.m. Wednesday at the Live Oak Civic Center, junction IH-35N at Pat Booker Boulevard in Live Oak, Texas. Whether individuals are looking for employment now or gathering information for future career decisions or developing a network, all Department of Defense employees, active duty military, retirees and family members are encouraged to attend. The Military Community Job Fair should be part of transitioning personnel's job search strategies. Three San Antonio area military installation transition assistance and career focus programs (Lackland and Randolph Air Force Bases, and Fort Sam Houston) and the Texas Workforce Commission, sponsor the Fair. There will be more than 100 employers recruiting for all types of jobs. Employers will represent both local and national employment opportunities. Positions and skill sets at the fair represent a wide variety of occupations including: aerospace, medical, professional, clerical, IT, technical, construction trades, law enforcement/security, transportation/logistics, and many others. No pre-registration is necessary and admission is free. Contact any of the military transition assistance offices for further information.

### **Cajun meal March 30**

Wilford Hall Medical Center will be hosting a Cajun themed meal for lunch March 30 from 10:15 a.m. to 2 p.m. Menu items will include pineapple chicken, jambalaya, creole pork chops, okra and tomato gumbo, ratatouille, sweet potato casserole, orange rice, hush puppies, split pea soup, chicken gumbo soup, strawberry shortcake and bread pudding. Cajun country food, decorations, and music will be featured. Contact 2nd Lt. Sarah Overby at 2-6308 for more information.

### **Skylark Flea Market March 31**

The Skylark Flea Market will be held from 9 a.m. to 2 p.m. in the Warhawk Fitness Center parking lot, Bldg. 2418, across from the Shoppette March 31. There will be lots of great values for a small price. Over 40 vendors will be selling a variety of merchandise. There will be food, music and fun for the whole family. Want to get in on the big sale? Call the Skylark Community Center at 3-3191 and reserve a place today for only \$10. Need a table? For \$15 they will throw in a table. The cutoff date to reserve a place is March 26.

[Return to Top](#)